

Alzheimer Society of KFL&A Forget Me Not Newsletter

Alzheimer Society of KFL&A * 400 Elliott Ave, Unit #4 * K7K 6M9 * 613-544-3078 * **June 22nd**



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It's hard to believe that we have been dealing with COVID-19 and the restrictions for three months now, phrases like self-isolation, social distancing are all part of our vocabulary, I think safe to say that we are getting accustomed to our new normal.

However, like many situations in life just as we start getting used to the new normal something else changes but sometimes those changes are positive. Although we have had a tough road already and I do not think the end is in sight, I was extremely happy to hear that the Province has further lifted restrictions, so we are now able to start visiting our loved ones in care. Understandably, caregivers are finding themselves dealing with a wide range of emotions and that's ok! I am sure you will have lots of questions of those that have lovely cared for your family member through all of this and remember we are here to support you as well!

Stay well, stay safe and enjoy spending this time with those you love!

Vicki

As we continue to celebrate diversity, we would like to recognize Friday June 21st as it was National Indigenous Peoples Day! Take the time to recognize and celebrate the unique heritage, diverse cultures, contributions, and impact the past, current, and future generations of the First Nations, Inuit, Métis peoples have and will make.

If you are in need or are looking for additional resources and fact sheets regarding dementia within the Indigenous Communities, please go to <https://www.i-caare.ca/factsheets>

Alzheimer Society

It's National
Indigenous
Peoples Day!



We are into our 3rd month of staying at home and with that brings long days to fill and a lot of time with our thoughts-and the news. With that in mind we are going to continue to use the virtual platform Zoom to bring us together.

What do you need? To participate fully you will need a computer, tablet or smart phone that has a camera and an internet connection. If you only have a phone, you can still call into the groups, please contact us to get those numbers. Please note that you will often be in the virtual “waiting room” when you join; you just sit back and relax, and we’ll do the rest.

We are still using Zoom - it is free and easy to use. We will include the links to all activities in this weekly newsletter and in the body of the email - once you have it installed zoom first time, you just click on the link and you’ll join in. We have several zoom instructions sheets that we can send you if needed so please ask. You can also reach out to Wendy Harris for technical support in installing and using zoom. **Zoom is updating the system periodically, so please install the update when prompted directly from zoom.**

Need some 1:1 time with an Alzheimer staff member? We can also set up 1:1 calls on zoom (in addition to phone calls) to help you through these difficult times by lending an ear and some suggestions where needed and appropriate.

Have family who cannot visit? Zoom is free for individuals to use for up to 40 minutes! There are other platforms such as Skype, FaceTime (for Apple users), What’s App and Facebook Messenger. If you need more assistance with any of the technology, please reach out to Wendy at education@alzking.com and she will try to assist you.

Zoom Privacy Waiver Thank you for joining us via ZOOM. We are excited to be able to connect with our clients during these times of self-isolation and physical distancing. We know that staying connected is important. Please note that we are using ZOOM, an online technology that helps us connect with you securely. We believe that the privacy measures put in place by Zoom and precautions that we take will protect your privacy but we urge you to also take steps to protect your privacy such as a secure WIFI, and being aware of your surroundings. Also, since we are working from home, please be assured we have taken every measure to ensure your privacy is respected from others who are social distancing with us.

FOOD AND RETAIL SERVICES IN KINGSTON

www.visitkingston.ca/plan/food-and-retail-services-available-during-covid19/

KFL&A PUBLIC HEALTH

<https://www.govserv.org/CA/Kingston/210581042291876/KFL&A-Public-Health>

KINGTON UPDATES<https://www.cityofkingston.ca>

SOUTH EAST LOCAL HEALTH INTEGRATION NETWORK (LHIN) www.southeastlhin.on.ca

HOW KINGSTON IS DOING RE COVID-19

<https://globalnews.ca/news/6707378/kingston-doing-good-staying-connected-covid-19-coronavirus/>



https://ottawa.ctvnews.ca/mobile/a-friendly-voice-is-available-for-seniors-alone-and-wanting-to-chat-to-someone-1.4869843#_gus&_gucid=&_gup=Facebook&_gsc=mz9VQ

We want to hear from you!

Please take a few moments to answer this short 8 question survey to help us know what you need to be supported during this time of isolation. We always welcome feedback and encourage you to let us know if you have any ideas of interest. We cannot do everything, but we will do everything we can. **Please click this link to open the survey:**

<https://www.surveymonkey.com/r/HJCRC57>

Thank you for taking the time to help us better know how to serve you.



CAREGIVERS CORNER

Q&A

Last week's Question:

The person I care for is a kind, gentle soul, most of the time. I'm finding lately that there is some aggression that is unusual. When this happens, I don't seem to be able to calm him down. Do you have any tips that can help me turn the aggression into calmness again?

Answers Submitted to Last Weeks Question:

1. My partner was and still is at times, as docile as can be. But lately he does get frustrated and angry and I don't know why. I didn't know what to do, my family said I should tell the doctor about this. I've been told by the Doctors that the changes in the brain is what is causes aggression at times, and the confusion and fear my partner feels when he doesn't understand what's going on. They have given us a medication that helps with this.

2. When it's time to have a bath or shower this is when we have a hard time. As hard as it is, I try not to react to the situation. If I can control my tone of voice, keep it level, and my facial expressions under control things go much smoother. Once it was brought to my attention, that I have an expressive face, I realized I shake my head, and sigh, and she seems to really pick up on my frustration and this makes things worse. If I use reassurances during these struggles, it makes for a better experience for the both of us.

3. In our house we have difficulty around taking medications. I find in this situation, if I just let it go for a while, and come back to it later. It allows to both of us to calm down. This works better than if I try and force this issue. Forcing never works, it only causes the person I care for to resist even more.

Next weeks Question

How do I prepare for a LONG TERM CARE VISIT?

Please email your tips and helpful hints to Pam Lemke at plemke@alzking.com

PROGRAMS AND GROUPS FOR CAREGIVERS



Weekly Caregiver Café.

Tues afternoons 1:30

<https://zoom.us/j/318632765?pwd=eXp2Y2lpWFhhZlIFd09OZmpDMFo5Zz09>

FRIENDLY FRIDAYS AT THE CHIT CHAT

Live, email Noreen if you would like to join

noreenpeters@cogeco.ca

Caring in Facility

(for those with loved ones in LTC etc.)

Meets Monthly, Next Meeting July 8th @10am

<https://us02web.zoom.us/j/91798593174?pwd=Q3FPT3g0WHZ2NzU2SzdPSjQ0WU1nUT09>

Caregivers Evening Chat

Meets Monthly, Next meeting July 14th 7pm

<https://zoom.us/j/212750928>

How to Stay Engaged at Home

June 24th at 10:00 am (Please Register)

<https://us02web.zoom.us/meeting/register/tZ0vceqhpzwwG9ykt1dffiGfHs9t6cWg5o0>



We are excited to announce that in July we will be offering some of the Caregiver and Client Groups in a local park... please bear with us as we iron out the logistics details coming to you in the next JULY issue of the Newsletter and July Calendar. Registrations and Limited Spots will be available!

ACTIVITY CORNER

Things to do at home

DO you enjoy Farm life? A reminder that we have FARM ACCESS for you. Enjoy a 30 minute program with a local Farm in Whitby where you will have a tour of the farm and animals and learn about Harvesting plants etc,. Participants can ask questions about gardening or farming etc. This program runs on Mondays from 10:30am - 11:00am . June Dates:, 22, 29
<https://alzheimersociety.zoom.us/j/98277546872>

Joke Hotline

Calgary Students have formed The Joy4 all project offers a free telephone line and a friendly voice on the other end to help lift spirits in what may be a lonely time during the COVID-19 pandemic. The hotline is available by calling **1-877-JOY-4ALL** and offers pre-recorded jokes, stories, motivational passages, and poems. Tank's Good New
Travel Destination of the Week:



Visit Canada Virtually with these Top Online Attractions: Virtual Museum of Canada, British Columbia's Mountains, Alberta's Banff, Manitoba's Assiniboine Park, Ontario's Parks and a 360 Ottawa Visit of Canadian History Hall and the Canadian Museum of History.

<https://www.forbes.com/sites/sandramacgregor/2020/05/14/visit-canada-virtually-with-these-top-online-attractions/>

ARTIST OF THE WEEK:



Judy Garland (born Frances Ethel Gumm; June 10, 1922 – June 22, 1969) was an American actress, singer, and dancer. During a career that spanned 45 years, she attained international stardom as an actress in both musical and dramatic roles, as a recording artist, and on the concert stage.

Link for her greatest Hits:

<https://youtu.be/8ai1pJZnDiE>

"CIRCLE OF FRIENDS" GROUP



We will be meeting Virtually on Wed at 1:30
A time to mix, mingle and chat

This Weeks Theme:
"Oh CANADA"

<https://zoom.us/j/653070720?pwd=SIM5Y25rU0JhQzVHMkVXRkFBaDJyUT09>

MEN'S PEER GROUP

Tuesday Mornings at 9:00 am

<https://zoom.us/j/934218179?pwd=Y05VM05uOUdBetS0XBVaGhNeWJtZz09>

Y.A.Y.A.H

(Young and Young at Heart) We usually meet monthly at Tom's Place for dinner. We will try a lunch Zoom meeting again this month!

June 29 at 12:00 pm

<https://zoom.us/j/785297437?pwd=eEEzdWUvZ0VXcVByOTU3emh1b1FsUT09>

Province Wide, Live "Musical Memories" Singalong with "Glenn Reid"

Thursday June 25^h at 2:00 pm



Glenn is a seasoned musician with his acoustic stylings, enjoyed by audiences worldwide. He will bring an energy filled, upbeat show featuring some country classics, Classic Beatles Tunes, Buddy Holly, Everly Brothers and others. Be sure not to miss this lovely hand clapping, toe tapping and sing a long program!

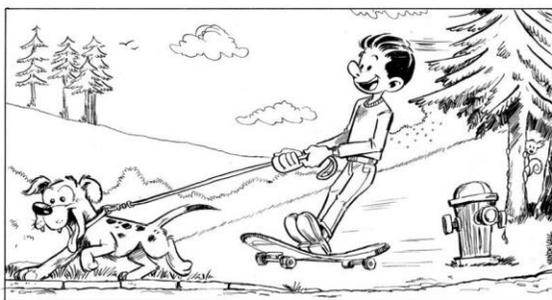
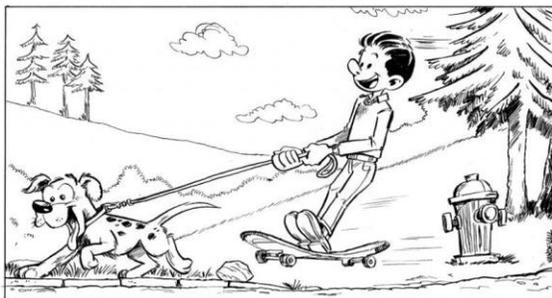
Link to Join Us on Zoom:

<https://zoom.us/j/636463918>

SPOT THE DIFFERENCE

SPOT THE DIFFERENCE!

Find 10 differences between the 2 pictures!

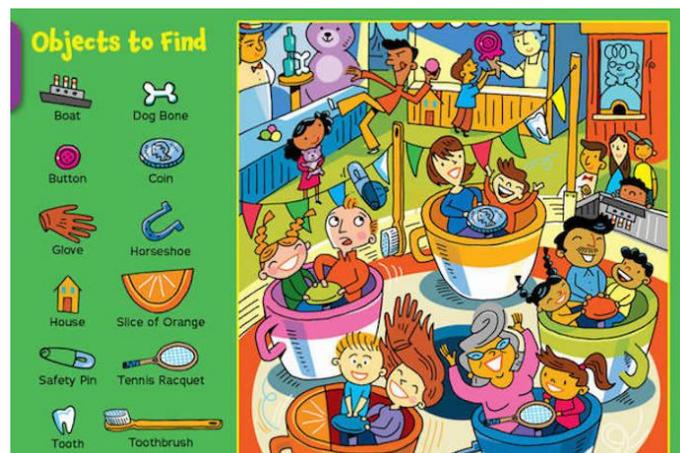


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Answers: 1) Squirrel in tree; 2) Dots on hill next to tree; 3) Top of fire hydrant; 4) Water dripping from fire hydrant; 5) Mans collar; 6) Rock on ground; 7) Birds in sky; 8) Number of trees; 9) Teeth on dog; 10) Colour of tip of dogs tail.

Find the Hidden Objects

Set a timer and challenge your friends and family to see who can find all the items in the image below the fastest!



IN CASE YOU MISSED THIS LAST WEEK..

As we are meeting Virtually, we have opened ourselves up to some opportunities that may have not been possible before. We have been invited to participate in “Camp Sunshine” which is going to run all summer long virtually.

Sunshine Centre for Seniors is a recreational and health based nonprofit organization that offers programming for seniors in the Toronto area but now is open to seniors in the province due to the virtual nature of programming in these times!

They have a lovely summer camp that is being offered for Summer 2020.

Attached to this Newsletter again this week, is the package outlining all the programs offered in this summer camp. Feel free to look and see if there is anything of interest that you would like to join!

They have full day and half day virtual Programming available.

Some of their Themes are:

June 22-26 – Solstice Week

June 22- July 3 – Indigenous Heritage Week

July 6-10 – Celebrate Canada Week

Friday July 10th – Strawberry Festival

If you would like more information please email info@sunshinecentres.com

